

OCTOBER 2022 – CHOOSE YOUR PATH



THE UNIVERSITY OF VERMONT
EMPLOYEE WELLNESS

Your partner. Your path.

LUNCH AND LEARN WEBINARS IN OCTOBER @ NOON

A variety of topics & presenters!

- **THE SAVVY COMMUTERS' GUIDE TO SAVING TIME, MONEY & THE ENVIRONMENT** Thursday, October 6.
Hosted by the UVM Transportation Research Center, Vermont Clean Cities Coalition & Net Zero Vermont
- **THE SCIENCE OF NUTRITIONAL PSYCHOLOGY** Friday, October 21.
Hosted by EDGE Preventative Health, exploring how nutrition impacts both the mind and body.
- **CANCER PREVENTION & SELF-CARE WEBINARS** Hosted by UVM Health Network Wellness & presented by Jolene Hart, CHC.
 - **EATING TO FEEL YOUR BEST IN AUTUMN AND WINTER**
Wednesday, 10/12 12-12:45pm
 - **BUILDING A HEALTHIER SELF-CARE ROUTING**
Thursday, 10/13 6-7:15pm

EMPLOYEE WELLNESS CHAMPION

Do you know a UVM Employee who is on the path to wellness?



Nominate them to win a \$200 gift card to continue the path!

Nominations are welcomed through 10/13

Complete this [form](#) & tell their story!

CAMPUS REC

Employee Wellness Group Fitness classes are ALWAYS FREE TO EMPLOYEES – [check it out!](#)

Schedule adjustments this month...

Tuesday Noon Yoga moves to Wednesday
&
NEW Cycling class Friday 4:45-5:30 begins
10/14

FOOD & MOOD

Join the EDGE Preventative Health team for a 6-week virtual program with a dietician to support your mental health and well-being through nutrition. Begins October 13.

[Details & Registration Here](#)

FLU SHOT CLINICS FOR EMPLOYEES - [SIGN UP HERE](#)

- 5 clinics on campus starting 10/13
- Choose the day, location, & time that works for you!
- fully complete the sign-up form including insurance information
- Bring your signed copy for the [Patient Financial Agreement](#), your Insurance Card & a face mask



FOCUS

Headspace has many tools to help you focus. Try this [Worry Release Worksheet](#) to dump everything that's bothering you. [Sign up here](#)



A mindful moment

Get back in the zone with a one-minute focus meditation.



BONUS: Pay it forward

FINANCIAL WELLNESS RESOURCES

[Invest EAP](#)

- [Calming Our Anxiety About Money](#)

New England Federal Credit Union (NEFCU)

- [Financial Learning Webinars](#) for all levels of experience

UVM EMPLOYEE OPEN ENROLLMENT

Benefits & Wellness Fair

November 16,
8:00am - 3:00pm

Dudley H. Davis Center,
Silver Maple Ballroom

EMPLOYEE
OPEN ENROLLMENT
NOVEMBER 7 -
DECEMBER 2



The University of Vermont

For more information about UVM Employee Wellness, visit the website at www.uvm.edu/hrs/wellness and join our [list serve](#) to receive the latest news.



The University of Vermont